

International Peace, Love and Understanding

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Do we want to live a world filled with peace and happiness? I am sure we do. You might think it is tough and impossible but I am sure it is achievable. Happiness and peace also come through understanding and love.

The purpose of this document is to spread the message of peace and goodwill to many countries across the world. This document is designed to promote understanding among people of different countries and cultures.

Culture of Peace and Non-violence:

A culture of peace and non-violence goes to the substance of fundamental human rights: social justice, democracy, literacy, respect and dignity for all, international solidarity, respect for workers' rights and core labour standards, children rights, equality between men and women, cultural identity and diversity, Indigenous peoples and minorities rights, the preservation of the natural environment to name some of the more obvious themes.

Understanding International Peace:

We can learn and understand more about international peace, non-violent resistance, and freedom through these quotes:

“Peace cannot be kept by force; it can only be achieved by understanding.” ~ **Albert Einstein**

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” ~ **Martin Luther King, Jr.**

“If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.” ~ **Nelson Mandela**

“Kindness has no religion. Religions are like narrow tracks but kindness is like an open sky.” ~ **Amit Ray**

“If you want to end the war then Instead of sending guns, send books. Instead of sending tanks, send pens. Instead of sending soldiers, send teachers.” ~ **Malala Yousafzai**

“It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.” ~ **Robert F. Kennedy** South Africa, 1966

“Peace comes from being able to contribute the best that we have, and all that we are, toward creating a world that supports everyone. But it is also securing the space for others to contribute the best that they have and all that they are.” ~ **Hafsat Abiola**

“Violence is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the opponent rather than win his understanding: it seeks to annihilate rather than convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends up defeating itself. It creates bitterness in the survivors and brutality in the destroyers.” ~ **Martin Luther King**

“To replace the old paradigm of war with a new paradigm of waging peace, we must be pioneers who can push the boundaries of human understanding. We must be doctors who can cure the virus of violence. We must be soldiers of peace who can do more than preach to the choir. And we must be artists who will make the world our masterpiece.” ~ **Paul Chappell**

“Peace does not mean an absence of conflicts; differences will always be there. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways.” ~ **Dalai Lama XIV**

“Peace is the music of every heart. Our glory lies in understanding, listening and honouring that music.” ~ **Amit Ray**

“We seek peace, knowing that peace is the climate of freedom.” ~ **Dwight D. Eisenhower**

“Nonviolence is the answer to the crucial political and moral questions of our time; the need for mankind to overcome oppression and violence without resorting to oppression and violence. Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.” ~ **Martin Luther King**

“Love is the vital essence that pervades and permeates, from the center to the circumference, the graduating circles of all thought and action. Love is the talisman of human weal and woe –the open sesame to every soul.” ~ **Elizabeth Cady Stanton**

“Life is an opportunity, benefit from it. Life is a beauty, admire it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is life, fight for it.” ~ **Unkown**

“A nuclear-weapons-free world is our commitment to the next generation.” ~ **Amit Ray**

“There is a LIGHT in this world. A healing spirit more powerful than any darkness we may encounter. We sometime lose sight of this force when there is suffering, and too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.” ~ **Richard Attenborough**

“More than just an end to war, we want an end to the beginnings of all wars.” ~ **Franklin D. Roosevelt** (Written night before he died)

“The future belongs to those who believe in the beauty of their dreams.” ~ **Eleanor Roosevelt**

“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness” ~ **Robert Muller**

“What kind of peace do we seek? Not a Pax Americana enforced on the world by American weapons of war. Not the peace of the grave or the security of the slave. I am talking about genuine peace, the kind of peace that makes life on earth worth living, the kind that enables men and nations to grow and to hope and to build a better life for their children . . . not merely peace in our time but peace for all time.” ~ **John F. Kennedy**

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” ~ **Desmond Tutu**

“Cynicism masquerades as wisdom, but it is the farthest thing from it. Because cynics don’t learn anything. Because cynicism is a self-imposed blindness, a rejection of the world because we are afraid it will hurt us or disappoint us.” ~**Stephen Colbert**

“Injustice anywhere is a threat to justice everywhere.” ~ **Martin Luther King, Jr.**

“Peace does not rest in the charters and covenants alone. It lies in the hearts and minds of all people. So let us not rest all our hopes on parchment and on paper, let us strive to build peace, a desire for peace, a willingness to work for peace in the hearts and minds of all of our people. I believe that we can. I believe the problems of human destiny are not beyond the reach of human beings.” ~ **John F. Kennedy**

“If there is a mystical chord in democracy, it probably revolves around the notion that unexpected music can resonate from politics when people are pursuing questions larger than self... I have seen that ennobling effect in people many, many times— expressed by those who found themselves engaged in genuine acts of democratic expression, who claimed their right to define the larger destiny of their community, their nations.” ~ **William Greider**

“The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls.” ~ **Elizabeth Cady Stanton**

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.” ~ **Pericles**

“This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no “brief candle” for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.” ~ **George Bernard Shaw**

“I speak of peace, therefore, as the necessary rational end of rational men. I realize the pursuit of peace is not as dramatic as the pursuit of war... But we have no more urgent task.” ~ **John F. Kennedy**

“War is an instrument entirely inefficient toward redressing wrong; and multiplies, instead of indemnifying losses.” ~**Thomas Jefferson**

“If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.” ~ **Winston Churchill**

“There is a higher court than courts of justice, and that is the court of conscience. It supersedes all other courts.” ~ **Mahatma Gandhi**

“A nuclear-weapons-free world is the highest gift of humanity to the next generation.” ~ **Amit Ray**

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” ~ **Margaret Mead**

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.” ~ **Nelson Mandela**

“There are two ways of spreading light: to be the candle or the mirror that reflects it.” ~ **Edith Wharton**

“Anxiety is the illness of our age. We worry about ourselves, our family, our friends, our work, and our state of the world. If we allow worry to fill our hearts, sooner or later we will get sick.” ~ **Thich Nhat Hanh**

“I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one’s head pointed toward the sun, one’s feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.” ~ **Nelson Mandela**

“You never change anything by fighting the existing. To change something, build a new model and make the existing obsolete!”
~ **Buckminster Fuller**

“Freedom is indivisible; the chains on any one of my people were the chains on all of them, the chains on all of my people were the chains on me.” ~ **Nelson Mandela**

“Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.” ~ **President Dwight D. Eisenhower**

“Power properly understood is nothing but the ability to achieve purpose. It is the strength required to bring about social, political and economic change. ... What is needed is a realization that power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.” ~**Martin Luther King, Jr.**

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” ~**Harriet Tubman**

“The price of freedom is eternal vigilance.” ~ **Thomas Jefferson**

“I am not an advocate for frequent changes in laws and constitutions. But laws and institutions must go hand in hand with the progress of the human mind. As that becomes more developed, more enlightened, as new discoveries are made, new truths discovered and manners and opinions change, with the change of circumstances, institutions must advance also to keep pace with the times. We might as well require a man to wear still the coat which fitted him when a boy as civilized society to remain ever under the regimen of their barbarous ancestors.” ~ **Thomas Jefferson**

“As the War Office of the United States was established in a time of peace, it is equally reasonable that a Peace Office should be established in a time of War.” ~**Benjamin Rush**

“There are many goals but one path - the path of compassion.” ~ **Amit Ray**

“The difference between what we do and what we are capable of doing would suffice to solve most of the world’s problems.” ~ **Mahatma Gandhi**

“My first wish is to see this plague of mankind, war, banished from the earth.” ~ **George Washington**

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~ **Victor Frankl**

“Sometimes it falls upon a generation to be great. You can be that generation.” ~ **Nelson Mandela**

“The two most important days in your life are the day you are born and the day you find out why.” ~ **Mark Twain**

“We will not build a peaceful world by following a negative path. It is not enough to say we must not wage war. It is necessary to love peace and sacrifice for it. We must concentrate not merely on the negative expulsion of war but on the positive affirmation of peace. We must see that peace represents a sweeter music, a cosmic melody, that is far superior to the discords of war. Somehow, we must transform the dynamics of the world power struggle from the negative nuclear arms race, which no one can win, to a positive contest to harness humanity’s creative genius for the purpose of making peace and prosperity a reality for all the nations of the world. In short, we must shift the arms race into a peace race. If we have a will – and determination – to mount such a peace offensive, we will unlock hitherto tightly sealed doors of hope and transform our imminent cosmic elegy into a psalm of creative fulfillment.” ~ **Martin Luther King, Jr.**

“Sanskrit has 108 words for love. Islam has 99 names for God. Japanese has 14 words for beauty.

We’ve got one word for Peace.... We don’t have enough words to accurately describe all the different types of peace. I think it was Socrates who once said if you don’t have a word to describe something, then how can you think about it?” ~ **Steve Killelea**(PeaceWeek 2011)

“Those who love peace must learn to organize as effectively as those who love war.” ~**Martin Luther King, Jr.**

“So let us persevere. Peace need not be impracticable, and war need not be inevitable. By defining our goal more clearly, by making it seem more manageable and less remote, we can help all peoples to see it, to draw hope from it, and to move irresistibly toward it.” ~ **John F. Kennedy**

“Do not go where the path may lead, go instead where there is no path and leave a trail.” ~ **Ralph Waldo Emerson**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” ~ **Ralph Waldo Emerson**

“Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.” ~ **Martin Luther King, Jr.**

“Our greatest glory is not in never failing, but in rising up every time we fail.” ~ **Ralph Waldo Emerson**

“We make a living by what we get, we make a life by what we give.” ~ **Winston Churchill**

“My hope and wish is that one day, formal education will pay attention to what I call “education of the heart.” Just as we take for granted the need to acquire proficiency in the basic academic subjects, I am hopeful that a time will come when we can take it for granted that children will learn, as part of the curriculum, the indispensability of inner values: love, compassion, justice, and forgiveness.” ~ **Dalai Lama**

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him. ” ~ **Martin Luther King, Jr.**

“One day the sun admitted I am just a shadow. I wish I could show you The Infinite Incandescence That has cast my brilliant image! I wish I could show you When you are lonely or in darkness The Astonishing Light Of your own Being!” ~ **Hafez**

“Only the brave men and women can bring peace to the world, not by practicing war but by practicing nonviolence.” ~ **Amit Ray**

International Conflict Resolution:

We are individuals with different personalities. Each of us has their own attitudes, values, ideas of what is right and wrong, and of what is proper or not. And if different views collide, they may result in conflict. Such conflicts are usually stressful for both parties.

The principles by which we humans "work," are always the same, even in case of conflict. The more influence and power one party to the conflict has, the more people can be affected by a conflict. In international conflicts or civil wars often thousands of people suffer from direct or indirect effects of those disputes. One should always be looking for a conflict resolution. The best beginning to conflict resolution is still conversation.

From our experience out of hundreds of disputes over many years, we observe that each side of a conflict, taken in isolation, always desires peace and seems to be reasonable. Often when the two sides meet, destructive elements mix in—even up to the desire for mutual destruction.

In addition, International Conflict Resolution is often linked to the study of development, human rights, humanitarian affairs, security policy and social psychology.